



# How to Host a Health Fair



Hosting a health fair in your community is a great way to attract community members and provide them with a wealth of health information. In order to get started, consider contacting a number of the groups listed below. Most often, they will be honored to be a vendor at your fair.

1. Contact your local hospital
  - A. Health Promotions Department—May perform health screenings at little to no cost
  - B. Foods and Nutrition Department—May provide materials and/or a dietitian to work a booth
  - C. Marketing Department—May offer several brochures of hospital-based programs and services
2. Contact your local Dairy Council—May provide nutrition education resources, especially calcium related and informative duplicating masters
3. Contact a member of the Indiana Action for Healthy Kids team—Can provide materials (contact the Indiana State Chair, Anne Graves at 317.962.9017 or [agraves1@clarian.org](mailto:agraves1@clarian.org)).
4. Contact a local chapter of the American Heart Association, American Lung Association, American Cancer Society, Alzheimer's Association, American Diabetes Association, etc.—May perform health screenings and/or wellness information
5. Contact your county and state health department
  - A. Chronic Disease department (may be called something different)—May perform screenings and/or provide information about services
  - B. Office for Women's Health—May perform screenings or provide information about services
6. Contact local healthy food vendors
  - A. Examples include: Kroger's, Marsh, Trader Joe's, Wild Oats, other health food store, Payless, etc.—May provide healthy treat samples
7. Contact local fitness vendors
  - A. Large (i.e., Dick's) and small sporting good stores (local equipment stores) may be willing to appear at a booth displaying the latest fitness clothing, shoes, and apparel.
8. Contact local Fitness Centers—May be willing to display information about memberships, services, programs, etc. Some may perform a screening as well.
9. Contact a Massage Therapist—Go to the American Massage Therapy Association's web page at [www.amtamassage.org](http://www.amtamassage.org). Enter zip code to find a massage therapist in your area to perform 5-minute chair massages at your fair. Note: Some therapists might expect reimbursement for this service.
10. Contact a local Occupational Clinic—May be willing to display information about services, programs, and how to avoid injury information, etc.
11. Contact local Businesses—May be willing to donate goodies (pens, pads of paper, etc.)
12. Contact local fire and/or police departments— May be willing to demonstrate car seat safety and provide a wealth of safety information and tips for the family.

**For more information about the Indiana Action for Healthy Kids team, visit our website at [www.IndianaActionForHealthyKids.org](http://www.IndianaActionForHealthyKids.org).**